

Veterans' **WELLNESS**

**There's
a Cure for
Hepatitis C**
Get tested now

**The Rundown
on Energy
Drinks**
They can
negatively
affect your
health

**Buffalo
Veterans take
a swing at
good health**

**Put Yourself in
Good Company**

**Positive personal
relationships can
enhance your health**

A GUIDE TO HEALTHY LIVING FOR VETERANS IN UPSTATE NEW YORK

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If you would like to be added to
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919 Westfall Road, Bldg. B, Room 115,
Rochester, NY 14618, or email Kathleen.Hider@va.gov.

Please be sure to include your
phone number. **Do not send your
Social Security number or medical
history.**

Living Healthy in Upstate New York

We are pleased to feature on the cover of
this issue 2 Veterans from Upstate New York.
Roger L. Woodworth (right), an Army combat
Veteran, and **Sean Lindstrom**, a Marine Corps
combat Veteran, are shown enjoying a game
of golf at the Wanakah course in Hamburg,
New York. Both of these men served in Iraq.

Woodworth is president and chief executive officer of the
Veterans One-stop Center of Western New York, Inc. Lindstrom
is with VA Health Care for Homeless Veterans Vocational
Development and is also Erie County amateur golf champion
and Wanakah Country Club champion.

We are hoping to show more Upstate New York Veterans in
our magazine living life to the fullest because they are engaged
in a healthier lifestyle, proving that this is not only a great place
to live but also a great place to get VA health care.

If you have a story about how VA care is helping you
enjoy a healthier life, please let us know by contacting
Kathleen.Hider@va.gov.

Sincerely,
Darlene A. DeLancey, M.S.,
Interim Network Director



**Darlene A. DeLancey,
M.S., Interim Network
Director**



The Company You Keep

Two generations of
the Woodworth family
take to the golf course,
where Roger and his son
Jack polish their putting
prowess. Spending time
with friends and family
who share similar inter-
ests is a great way to
unwind and strengthen
relationships.



Cover and above photos by Evangeline Conley

The Rundown on Energy Drinks

Caffeine and sugar in energy drinks like Rip It and Red Bull can be off the charts

There's more packed inside that can of Rip It, Red Bull or Amp than much-needed fuel. Here's what you should know about energy drinks and the serious side effects they can have on your health.



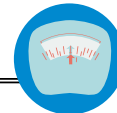
They Can Affect Your Sleep

In a study of deployed Servicemembers, those who drank 3 or more energy drinks per day were more likely to report sleeping 4 or fewer hours per night and were more likely to experience lower sleep quality compared with those who consumed less. One reason: the caffeine packed in energy drinks. Some contain as much caffeine as 3 cups of coffee. Multiply that by 3 or more per day, and it's no wonder you may still be having trouble sleeping.



They Can Cause Heart Issues

Even if you have a healthy heart, high levels of caffeine in energy drinks can affect your heart rhythm and increase your blood pressure, recent research suggests. If you already have high blood pressure, a heart rhythm problem or other heart health issues, you may have a greater risk of experiencing these heart-related side effects. Talk with your doctor about how much caffeine is safe for you.



They Contain a Lot of Sugar

Like, a whole lot. One can of Rip It Citrus X, for instance, contains 66 g of sugar. That's nearly 2 to 3 times the amount of added sugars the American Heart Association recommends consuming in an entire day. Too much sugar increases your risk for obesity, diabetes, high blood pressure, high cholesterol and other health problems.

Should you cut out energy drinks entirely?

Not necessarily. Your best approach is moderation. Check the labels on any drinks you purchase for their caffeine, sugar and calorie content. Limit caffeine to about 200 mg per day. Keep your sugar intake to 20 g per day if you're a woman and 36 g per day if you're a man. **And never mix energy drinks with alcohol.** The combination can increase your risk of binge drinking, serious accidents, injury and violence.

Drinks By the Numbers

Here's how the caffeine, sugar and calorie content in popular drinks stack up.

Beverage	Serving size (oz.)	Caffeine (mg)	Sugars (g)	Calories
Rip It Citrus X	16	200	66	260
5-Hour Energy	1.93	200	0	4
Amp Energy Boost Original	16	142	58	220
Coffee (plain)	8	95	0	5
Red Bull	8.4	80	27	110
Mountain Dew	16	72	61	230
Pepsi	16	50	55	200



Put Yourself in Good Company

How positive personal relationships can boost your emotional and physical health



Make friends with people who have a positive outlook on life.



If you want to live longer, now is the time to connect with positive people and good company. Studies have found that the quality of your relationships with others can affect how you feel and your outlook on life.

Friends Can Influence Your Health

For starters, there's the support you can receive from others. A good friend is all ears when you need to talk. Good friends can contribute to your spiritual and emotional health by making you feel better about yourself.

Researchers from Brigham Young University and the University of North Carolina recently examined

148 studies covering relationships and health. They found that the more people you're socially tied to, the more likely you'll live longer compared with those who have fewer relationships. You have a 50 percent increased chance of living longer if you have stronger social relationships, regardless of your age or gender, they say.

Find the Right Friends

Make sure you pick friends who are emotionally healthy and mature. Steer clear of friends who tend to be bullies or are too critical of you; are "Debbie Downers," hotheads, troublemakers

or wet blankets; or are slackers who gossip and complain about their job. Do any of your current friends fit this description? It might be time to make some new friends.

As the saying goes, you can pick your friends, but you can't pick your family. If you have problems in your family, it's even more important to pick the right friends. Make friends with those who have similar interests and are positive toward life.

Mature, healthy people can teach you new things, tend to be more mentally stimulating and offer more enriching friendships.



Smartphone apps like **Meetup**, **Nearify** and **Peoplehunt** can help you connect with people who are near you and have similar interests.

Finding new friends can be easier when you join a club, sports team or volunteer group.



You *May* Have Been Exposed

Be among the first to find out about new treatments and service-connected benefits due to toxic environmental hazards

Whether you were discharged last month or a decade or more ago, it is important for you to look into any toxic exposure you may have had during your military experience. Exposure to environmental hazards can affect your health years after you leave the military.

VA Health Care's mission is to help you live your best life after your service comes to an end. However, conflict and war bring new health concerns for Veterans. Starting in the 1940s, there was radiation exposure. Later on came the use of Agent Orange during the Vietnam War and today's possible use of chemical warfare agents in Iraq and diseases specific to Afghanistan and Iraq, including malaria and tuberculosis. VA is vigilant in monitoring and treating health care issues from these types of exposures.

Look Into It Now

You may be eligible for a free VA health exam and participation in one or more of these health registries:

Gulf War Registry – For Veterans who served in the Gulf region during Operations Desert Shield, Desert Storm, Iraqi Freedom and/or New Dawn

Airborne Hazards and Open Burn Pit Registry – Veterans who are eligible for the Gulf War Registry may also join this registry

Toxic Embedded Fragment Surveillance Center – For Veterans of Operations Enduring Freedom, Iraqi Freedom and/or New Dawn who have, or are likely to have, an embedded fragment as the result of injury received while serving in an area of conflict

Depleted Uranium Follow-Up Program – For Veterans of the Gulf War, Bosnia and/or Operations Enduring Freedom, Iraqi Freedom and New Dawn

Agent Orange Registry – For Veterans who served in Vietnam, Korea, Thailand and

elsewhere during defined periods

Ionizing Radiation Registry – For Veterans involved in certain “radiation-risk activities” since World War II

Get Checked Out

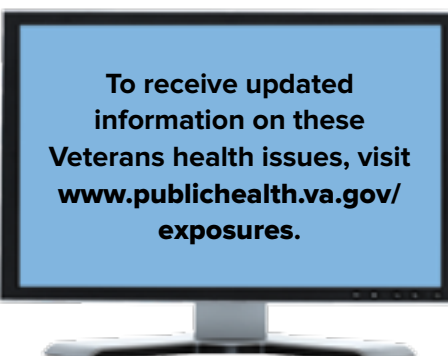
If you are in one of the groups above, VA offers a free medical assessment. It is designed to alert you to possible health problems you may experience, even if you're feeling fine now. A primary benefit of registering now is being among the first to know about updated information, treatments and possible service-connected compensation.

VA has established several health registries and programs to track and monitor the health of specific groups of Veterans. The registries help VA understand and respond to these health problems more effectively.

Contact the VA environmental health coordinator at the VA Medical Center nearest you (see list at right) about getting a free evaluation. **You do not need to enroll in VA's health care system to take part.**

Service-Connected Compensation

Veterans who want to be considered for disability compensation for exposure-related health problems must file a claim for disability compensation. During the claims process, VA will check military records to verify exposure to the claimed environmental hazard or qualifying military service.



To receive updated information on these Veterans health issues, visit www.publichealth.va.gov/exposures.



Date Yourself

Here are dates associated with recent conflicts.

VIETNAM ERA

Feb. 28, 1961-May 7, 1975

GULF WAR

Aug. 2, 1990-April 6, 1991
(includes Operations Desert Shield and Desert Storm)

AFGHANISTAN

Oct. 7, 2001-present (includes Operation Enduring Freedom)

IRAQ

March 19, 2003-Dec. 15, 2011
(includes Operations Iraqi Freedom and New Dawn)

We Can Help

Contact the VA environmental health coordinator closest to you for information about getting a free evaluation.

ALBANY STRATTON VA MEDICAL CENTER

James Arrington – 518-626-6721;
James.Arrington@va.gov

BATH VA MEDICAL CENTER

Carl Haneline – 607-664-4866;
Carl.Haneline@va.gov

BUFFALO VA MEDICAL CENTER

Mark Rohacs – 716-862-8777;
Mark.Rohacs@va.gov

CANANDAIGUA VA MEDICAL CENTER

Brenda Bryant – 585-393-7125;
Brenda.Bryant2@va.gov

SYRACUSE VA MEDICAL CENTER

Paul Denis – 315-425-4335;
Paul.Denis@va.gov

There Is a Cure for Hepatitis C

Hep C is prevalent in Veterans, and they should get tested

Thomas Mahl, M.D., chief of gastroenterology at VA Western New York Healthcare System, is passionate about eradicating the hepatitis C virus, a potentially lethal liver disease.

His goal is to have every Veteran tested and to cure all Veterans with hepatitis C. That includes getting the word out to Veterans not currently being seen at VA.

Attention Vietnam Veterans: Nearly 1 in 5 Has Hep C

Hepatitis C can go unnoticed for years without showing symptoms. It causes swelling and irritation of the liver, which can lead to cirrhosis and/or tumors. Left untreated, it can cause death.

Eighteen percent of Vietnam Veterans have the hepatitis C virus. In the overall Veterans population, that number drops to 7 percent, but that is still more than double the rate in the general population.

Hepatitis C spreads by contact with an infected person's blood. It can be transmitted through the sharing of needles or straws (used to snort) in drug use; blood transfusions or organ transplants that were done before 1991, because there was no blood test for hepatitis C; and transfusions done on the battlefield.

Other causes are:

- Sharing razors, toothbrushes and other personal health items that might have blood on them
- Having unprotected sex with multiple partners

The Cure

Until recently, the best treatment for hepatitis C was a combination of drugs that caused severe side effects, couldn't be used to treat all patients and offered a low cure rate.

"I saw hundreds and hundreds [of patients with hepatitis C] die," Dr. Mahl says.

But the newly introduced drug therapies are a game-changer.

"This is the happiest time in my 30-year career in medicine," Dr. Mahl says. "We can cure hepatitis C in almost all patients."

Two combination drug therapies received FDA approval late last year: Harvoni® (ledipasvir/sofosbuvir) and Viekira Pak™ (ombitasvir/paritaprevir/ritonavir; dasabuvir).

The combinations of drugs have very few side effects and come in pill form, which is more convenient than injections. Patients take 1 or 2 pills per day, typically for 12 weeks, and doses cannot be missed.

Thomas Mahl, M.D., wants to cure every Veteran with hepatitis C. ★



Photo by Sandra Kicman, State University of New York at Buffalo



Can tattooing spread hepatitis C?

Studies have shown that hepatitis C is not spread by tattooing when they are done at a licensed commercial tattoo shop. But transmission is possible when poor infection-control practices are used during tattooing or piercing.

Approximately 70 percent to 80 percent of people with acute hepatitis C do not have any symptoms.



To enroll in TeleMOVE!, complete the MOVE!11 questionnaire at a VA primary care clinic or online at www.move.va.gov/Move11.asp. Then call **1-877-619-0106** and select Option 1.

More Good News

The new hepatitis C drugs have generated controversy because of their high cost. However, Veterans enrolled in VA do not have to worry about the cost of these drugs due to VA's ability to buy medication in high volume.

Dr. Mahl urges Veterans to get tested so they can be treated if necessary, especially Veterans over the age of 60.

"VA's approach is to cast a broad net," he says. "Why not test everyone once in their lifetime?"

Dr. Mahl states his goal is to see every Veteran with hepatitis C cured. "We have the capability," he says.

» Get Tested, Get Treated

Any Veteran can get a test for hepatitis C. For more information, call your local VA Medical Center or clinic (see back cover).

Out of 100 people who get hepatitis C:

85 will develop a chronic infection.

30 to 40 will develop a large amount of liver scarring and be at risk for health problems.

But new drug therapies offer a cure rate of 91 percent to 100 percent.

Healthy Weight Loss at Home with TeleMOVE!

'Every Day Is Better' for This Navy Veteran

For years, **Josie Tripp**, 45, huffed and puffed, and her body hurt because of the 346 pounds she weighed. She resolved to do something about it when staff at the Plattsburgh VA Outpatient Clinic suggested that this former Navy Petty Officer Third Class Electronics Technician try TeleMOVE!.

TeleMOVE! is the home-based version of VA's weight-management coaching system called MOVE! The free program includes:

- In-home messaging device hooked up to a phone line or high-speed Internet connection
- Digital scale
- Pedometer
- MOVE! booklet with eating and exercise tips

A Team Effort

Tripp knew that being overweight carries the risk for heart disease, diabetes, cancer and other health problems. Still, she overate and never got around to exercising. Then in spring 2014, TeleMOVE! got her going, with help from the program's Care Coordinator and her VA health care team. Together, they guide her toward her weight-management goals.

Tripp wanted to take advantage of this new weight-management program available to Veterans from the comfort of their home. That's who TeleMOVE! is for, along with those too busy to go to a gym or who live too far from a VA facility. While she follows a suggested nutrition and exercise plan, the TeleMOVE! monitor tracks her daily weight. Its active voice interface tells her how she's doing and gives her words of advice.

On the MOVE!

"At first, I rode the stationary bike for only 5 minutes because my knees hurt. Now, a year later, it's an hour and a half, almost every day," says Tripp. Thanks to TeleMOVE!, "I'm also making healthier food choices and measuring my portions."

With TeleMOVE!, "I'm able to get up onto a four-wheel ATV again and straddle it, and going upstairs is much easier now. And it feels good to buy new clothes," continues Tripp, who now weighs 227 and is aiming toward 140.

"Though I've got a ways to go, every day is better. And if I slip up, I just get back on the program. I'm determined. I'm done with being fat."



BEFORE

AFTER

Josie Tripp has lost almost 120 pounds using TeleMOVE! and is more than halfway to her goal weight.

VA Medical Centers in Upstate NY Take Pride in Infection Prevention

From flu to Ebola, rest assured VA is vigilant in protecting Veterans from infections

VA takes infectious diseases and their prevention very seriously, says **Lourdes M. Irizarry, M.D.**, chief of staff at Albany Stratton VA Medical Center and an infectious disease expert, and builds infectious disease training into ongoing clinical staff education.

Infections most frequently seen at VA Medical Centers are similar to the infections found in other hospitals nationwide. In the outpatient clinic setting, commonly seen conditions include:

- **Upper respiratory infections**
- **Urinary tract infections**
- **Soft tissue and skin infections**

Infections that may require hospital admission include:

- **Pneumonia**
- **Complicated urinary tract infections**
- **Severe soft tissue and skin infections, such as cellulitis**

Protecting Against Diseases Making National News

The concern with infectious diseases is not so much the type of infection but the actual microbe causing them. Most bacteria either are already able to resist antibiotics or evolve to gain that ability.

Methicillin-resistant *Staphylococcus aureus* (MRSA) is an infection that may affect inpatients. It can be widespread in hospitals and quickly spread to the community. VA aggressively screens patients for this bacterium and takes extra precautions to avoid its spread among patients. The initiative known as Zeroing In On MRSA started in 2007 and has drastically decreased MRSA transmissions in VA hospitals. Many VA Medical Centers have not experienced transmissions in months or years.


Other infections that have been caused by the overuse of antibiotics and can cause life-threatening infections include **carbapenem-resistant *Enterobacteriaceae* (CRE)** and ***Clostridium difficile* (C. diff)**.

CRE has been the focus of recent attention, in association with contamination of endoscopic equipment. VA is highly vigilant and follows Centers for Disease Control and Prevention guidelines for the identification of these bacteria in clinical settings. VA has rigorous cleaning and disinfection processes for reusable medical equipment.

C. diff is one of the most prevalent emerging pathogens associated with health care. These bacteria are harmful germs that infect the intestinal tract. *C. diff* causes diarrhea and inflammation of the colon, a condition known as colitis. This infection most often occurs during or after treatment with antibiotics.

The risk for infection is greatest for people in hospitals and nursing homes. VA is committed to correct use of antibiotics and appropriate cleaning and disinfection in its hospitals, as this is the best way to tackle infectious disease.

Legionnaires' disease, first recognized in 1976, continues to occasionally appear in hospitals. It's a severe form



Infectious disease expert Lourdes M. Irizarry, M.D., promotes correct use of antibiotics and appropriate cleaning and disinfection in health care settings.

Photo by Kim Shoemaker, Albany Stratton VA Medical Center



Ebola Fact:

According to the Centers for Disease Control and Prevention, the United States is at low risk for an Ebola outbreak.

DID YOU KNOW? Legionnaires' disease was named after an outbreak in 1976, when many attendees of an American Legion convention caught the disease.



The flu pandemic of 1918-19 left 20 million dead across the world, including 675,000 in America. The city of Buffalo outlawed gatherings of more than 10 people to stop the spread of the disease.

of pneumonia with symptoms including cough, chills, fever and sometimes headache, shortness of breath and gastrointestinal complaints. *Legionella*, the bacteria that causes the disease, is found in water. VA Healthcare Upstate New York has water safety committees that closely monitor for the presence of *Legionella*. They systematically address short- and long-term solutions to avoid any hospital-associated infections. Clinicians are aware of this disease and aggressively screen for it.

Ebola

With more and more people traveling and our military being deployed globally, other infectious diseases like **Ebola** become a health care concern to identify and treat. VA facilities in Upstate New York were quick to post posters that asked workers, students and

Veterans to identify themselves if they had recently traveled to areas where the disease was known to exist. This was done so that clinical staff could quickly put into play the necessary precautions to insure population safety.

Symptoms of Ebola include fever, chills, malaise, headache, rash and severe diarrhea. VA follows Centers for Disease Control and Prevention recommendations to decrease the likelihood of Ebola becoming a health care threat.

Patients Can Speak Up

To assist in eradicating infectious diseases, all VA Medical Centers in Upstate New York have strategically placed hand sanitizers. Patients should feel comfortable asking their health care providers to exercise hand hygiene and if the antibiotic

prescribed is really necessary.

"We partner with our patients and encourage them to speak up about the way their health care is delivered," Irizarry says.

How You Can Help Prevent Infections



Wash your hands often.



Cough and sneeze into your bent inside elbow.



Clean your cellphone, computer mouse and door and toilet handles.



Get your flu shot and other immunizations, as recommended by your VA primary care provider.

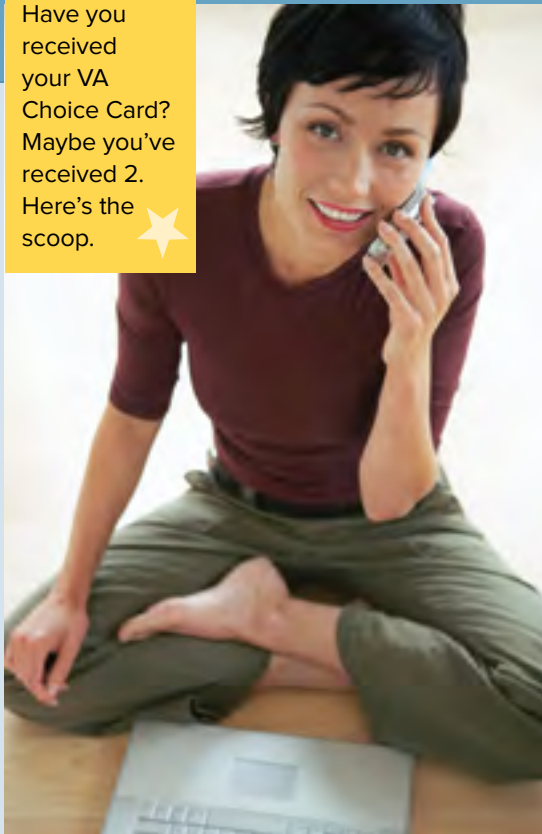
VA Choice

VA Choice Cards are part of a temporary VA program to allow Veterans to receive care from an outside provider to make sure they have timely access to quality care.

However, before you use your VA Choice Card, make sure:

- You call **1-866-606-8198** to confirm you are eligible.
- You were enrolled in VA health care on or before August 1, 2014, or have been eligible to enroll as a recently discharged combat Veteran within 5 years of separation.
- You have been told by your local VA that you will need to wait more than 30 days from your preferred date or the date medically determined by your physician for your appointment.
- Your current residence is more than 40 road miles from the closest VA Medical Center or community based outpatient clinic.
- You need to travel by plane or boat to the closest VA.

Have you received your VA Choice Card? Maybe you've received 2. Here's the scoop. ★



» IMPORTANT:
Make sure to call 1-866-606-8198 before you use your VA Choice Card. If you don't first verify eligibility, you may be responsible for some or all of the costs of the non-VA treatment you receive.

If you are not eligible now to use the VA Choice Card, keep it in a safe place until the need arises.



TO LEARN MORE ABOUT THE VETERANS CHOICE ACT, call toll-free at 1-866-606-8198 or visit www.va.gov/opa/choiceact.

Healthier Eating with the Mediterranean Diet

If you're looking for ways to eat healthier, consider a traditional Mediterranean diet. It's how people living in countries along the Mediterranean Sea, such as Greece and southern Italy, have eaten for centuries. Mix this flavorful diet with daily exercise, and you have a terrific recipe for healthier living.

Health Benefits

A Mediterranean diet can decrease your cholesterol and triglyceride levels, stabilize blood sugar levels and lower your risk for heart disease and certain types of cancer. Studies suggest a Mediterranean-style diet may even help prevent depression.

What to Eat

In general, the Mediterranean diet focuses less on meats and carbohydrates and more on plant-based foods and monounsaturated fats, which don't raise blood cholesterol levels like saturated fats.

To get started, follow these guidelines:

- Use olive oil — a healthy, monounsaturated fat — to flavor and prepare your foods.
- Work more fruits, vegetables, whole grains, nuts and legumes into your daily intake. Go for grains that are whole, unrefined or minimally processed.
- Use fish and poultry as your main protein sources. Consume red meat in small amounts.
- Limit your daily intake of cheese and yogurt. Eat small amounts of reduced-fat or low-fat forms of these foods.
- A traditional Mediterranean diet includes low to moderate amounts of wine, usually with meals. Some studies suggest red wine may be beneficial for the heart. But limit to 1 glass a day for women and 2 for men.



Mediterranean-Style Meals

Now that you know the basics, it's simple to start eating a Mediterranean-inspired diet.

Begin at Breakfast

Melons have a long history in the Mediterranean region. Try some with breakfast:

$\frac{1}{3}$ cantaloupe

Omelet with vegetables, made with olive oil



Lunch Options

A fresh salad for lunch is an easy way to incorporate more plant-based foods into your diet. You can top it with chicken or fish. Try this menu:

2 cups spinach salad 1 tbsp. olive oil

2 oz. grilled chicken breast 1 tbsp. vinaigrette
1 tomato



Healthy Snack

For snacking between meals, grab a small handful of nuts, such as almonds, cashews, pistachios or walnuts.



What's for Dinner?

Remember to cook with olive oil and focus on plant-based foods. Give this dinner a taste:

5 oz. fish, such as cod or halibut

1 small sweet potato

2 to 3 cups of vegetables, such as broccoli or carrots

1 cup fresh fruit



QUITTING SMOKING

Is Now Easier Than Ever!

*Try VA's successful TeleQuit program
available right from home*

**58% of Veterans who joined
TeleQuit quit smoking for good!**

Free of charge, you will receive a telehealth device for your home that provides daily coaching and support to help you quit. The program helps you identify your triggers, manage cravings and stay motivated.

If needed, TeleQuit provides nicotine gum, lozenges and patches, plus other medication support.

TeleQuit is free

YOU can quit with TeleQuit!

To join the TeleQuit program, call
1-877-619-0106, select option 3.

Or ask a member of your health care team how to sign up.

Online Video: Preventing Smoking Relapse

A relapse happens when you return to smoking after a period of quitting — usually after the first 3 months. Most people experience several relapses before quitting for good. This video discusses situations that can trigger a relapse and offers a range of coping skills and behavior changes to get you back on track. Watch it now at **www.visn2.va.gov**.

VA Research Update: Back Pain Treatments

Back pain — specifically lower back pain — is very common among Veterans and causes significant disability. Given the prevalence of this condition, the Canandaigua VA Medical Center is carrying out three studies to help identify effective treatments.

Results of two of the studies, which involved 380 Veterans from the Greater Rochester area, were recently published in the journals *Chiropractic & Manual Therapies* and *Geriatric Orthopaedic Surgery & Rehabilitation*. The third study is expected to be completed in December, according to **Paul Dougherty, D.C.**, staff chiropractor and chiropractic residency director at Canandaigua VA Medical Center and Institutional Review Board chair at Syracuse VA Medical Center.

“Our research so far shows that treatments including spinal manipulative therapy and active exercise can relieve lower back pain,” Dougherty says. In spinal manipulative therapy, a chiropractor applies pressure to the spine to promote movement in spinal joints that are not moving well. Active exercise is exercise patients perform on their own at a doctor’s direction.

Another finding is that fear of pain may actually make back pain worse. “It is important that people with lower back pain continue to remain active and engaged in their lives and not let the pain defeat them,” he says. “If you are suffering from lower back pain, talk to your VA provider about what treatment alternatives are best for you.”



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Valid only at:  **PatriotStore**
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Expires July 31, 2015
VCS Employee register instructions:
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Coupon.

Limit one coupon per customer. Offer limited to one Electronics item priced at \$100 or more. Not to be combined with any other offers. Void if copied, transferred, purchased, sold or prohibited by law. No cash value.

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Reaching us is easy



www.visn2.va.gov

VA Medical Centers

Albany Stratton

113 Holland Ave.
Albany, NY 12208
518-626-5000
1-800-223-4810

Batavia

222 Richmond Ave.
Batavia, NY 14020
585-297-1000

Bath

76 Veterans Ave.
Bath, NY 14810
607-664-4000
1-877-845-3247

Buffalo

3495 Bailey Ave.
Buffalo, NY 14215
716-834-9200
1-800-532-8387

Canandaigua

400 Fort Hill Ave.
Canandaigua, NY 14424
585-394-2000
1-800-204-9917

Syracuse

800 Irving Ave.
Syracuse, NY 13210
315-425-4400
1-800-221-2883

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Auburn

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Auburn, NY 13021
315-255-7002

Bainbridge

109 N. Main St.
Bainbridge, NY 13733
607-967-8590

Binghamton

425 Robinson St.
Binghamton, NY 13901
607-772-9100

Catskill

Greene Medical Bldg.
159 Jefferson Heights
Catskill, NY 12414
518-943-7515

Clifton Park

1673 Route 9
Clifton Park, NY 12065
518-626-5205

Coudersport Satellite Clinic of Wellsville

24 Maple View Lane
Suite 2
Coudersport, PA 16915
607-664-4670

Dunkirk

Valor Health Center
166 E. Fourth St.
Dunkirk, NY 14048
1-800-310-5001

Elmira

Health Services Bldg.
200 Madison Ave.
Suite 2E
Elmira, NY 14901
1-877-845-3247,
ext. 44640

Fonda

Camp Mohawk Plaza
2623 State Highway 30A
Fonda, NY 12068
518-853-1247

Glens Falls

84 Broad St.
Glens Falls, NY 12801
518-798-6066

Jamestown

608 W. Third St.
Jamestown, NY 14701
716-338-1511

Kingston

63 Hurley Ave.
Kingston, NY 12401
845-331-8322

Lackawanna

1234 Abbott Road
Lackawanna, NY 14218
716-821-7815

Lockport

5883 Snyder Drive
Lockport, NY 14094
716-438-3890

Malone

3372 State Route 11
Main Street
Malone, NY 12953
518-483-1529

Massena

54 E. Orvis St.
Massena, NY 13662
315-769-4253

Niagara Falls

2201 Pine Ave.
Niagara Falls, NY 14301
716-862-8580

Olean

465 N. Union St.
Olean, NY 14760
716-373-7709

Oswego

437 State Route 104E
Oswego, NY 13126
315-207-0120

Plattsburgh

80 Sharron Ave.
Plattsburgh, NY 12901
518-561-6247

Rochester

465 Westfall Road
Rochester, NY 14620
585-463-2600

Rome

125 Brookley Road
Griffiss Park
Rome, NY 13441
315-334-7100

Saranac Lake

Satellite Clinic
of Elizabethtown
33 Depot St.
Saranac Lake, NY 12983
518-626-5237

Schenectady

1322 Gerling St.
Sheridan Plaza
Schenectady, NY 12308
518-346-3334

Springville

Satellite Clinic
of Lackawanna
15 Commerce Drive
Springville, NY 14141
1-877-332-0887

Tompkins/Cortland County

1451 Dryden Road
Freeville, NY 13068
607-347-4101

Troy

Troy Primary Care
Practice
295 River St.
Troy, NY 12180
518-274-7707

Watertown

19472 U.S. Route 11
Watertown, NY 13601
315-221-7026

Wellsboro

1835 Shumway Hill Road
Wellsboro, PA 16901
607-664-4680

Wellsville

3458 Riverside Drive
Route 19
Wellsville, NY 14895
607-664-4660
1-877-845-3247 (Bath)

Westport/ Elizabethtown

7426 NYS Route 9N
Westport, NY 12993
518-626-5236

Vet Centers

Albany

17 Computer Drive W.
Albany, NY 12205
518-626-5130

Binghamton

53 Chenango St.
Binghamton, NY 13901
607-722-2393

Buffalo

2372 Sweet Home Road
Suite 1
Buffalo, NY 14228
716-862-7350

Rochester

2000 S. Winton Road
Bldg. 5, Suite 201
Rochester, NY 14620
585-232-5040

Syracuse

109 Pine St.
Syracuse, NY 13210
315-478-7127

Watertown

144 Eastern Blvd.
Watertown, NY 13601
315-221-7026

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Women Veterans Call Center

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1-855-829-6636

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benefits and health care